6 VOLLEYBALL CONDITIONING DRILLS

LET'S GET READY!

01 JUMP ROPE
02 12” BOX
03 MINI HURDLES
04 OPEN SPACE
05 DUMBBELLS
06 AB WHEEL

DRILL 01
JUMP ROPE SERIES

PROGRESSION 01: 20 Single under jumps
PROGRESSION 02: 20 Single leg jumps
PROGRESSION 03: 5-10 Double under jumps
DRILL 02
ALTERNATING BOX BLASTS
01 Split stance, one foot on the box
02 Start with slow jumps to gain balance, then increase speed
03 Focus on balance and explosiveness off the ground

4 SETS, 8 REPS PER LEG

DRILL 03
MINI HURDLE SERIES
01 Do single jumps over the hurdle
02 Start slow, then do continuous jumps over the hurdles
03 Straighten legs at the top of each jump

4 SETS, 10-20 REPS

DRILL 04
LATERAL BOUND SERIES
01 Start on left leg with right leg up. Bound to the right side
02 Go slow, aiming for max height. Then go faster
03 Focus on exploding off your leg and gaining height

4 SETS, 10 REPS PER LEG

DRILL 05
DUMBBELL RENEGADE ROW
01 In a push-up position, pull one weight up and lower it down
02 Alternate arms each time
03 Keep hips stable and core engaged

3-5 SETS, 5-10 REPS PER ARM
DRILL 06
AB WHEEL

01 Kneel, grip ab wheel on the ground and slowly roll out
02 Keep the wheel under shoulders until torso is fully extended, then extend arms
03 Keep back straight and core engaged

3-5 SETS, 5 REPS

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GREAT JOB!